

## **CHAPTER NINE—MEAL REQUIREMENTS; FOOD PREPARATION AND SERVING; STORAGE AND PROTECTION OF FOOD SUPPLIES, UTENSILS AND EQUIPMENT**

### **Meal Requirements**

114-508 A. (1) If food is provided by the facility, the following requirements shall be met:

- (a) Daily menus shall be dated and posted in a conspicuous location in public view.
- (b) Meals and snacks provided shall be in compliance with the USDA Child Care Food Program Guidelines. Centers that do not provide overnight care shall serve at least one meal and at least one snack that meet USDA Child Care Food Program Guidelines. Centers providing care between the hours of 6:00 p.m. and midnight shall additionally meet USDA Child Care Food Program Guidelines in serving dinner and at least one additional snack. Meal components and serving sizes shall be in accordance with these guidelines.

**(SEE RESOURCE MANUAL SECTION 9 FOR USDA NUTRITION INFORMATION AND FOR ELIGIBILITY REQUIREMENTS FOR CHILD CARE CENTERS TO PARTICIPATE IN CHILD AND ADULT CARE FOOD PROGRAMS.)**

- (c) Only Grade A Pasteurized fluid milk and fluid milk products may be given to any child less than 24 months old, except with a written permission from the child's health provider.
- (d) Whole milk may not be served to children less than 12 months of age, except with a written permission from the child's health provider.
- (e) Reconstituted milk shall not be served to any child, regardless of age.

114-508 A. (2) Food served shall be suited to the child's age and appetite. Second portions shall be available.

114-508 A. (3) Round, firm foods shall not be offered to children younger than four years old. Examples of such foods include: hot dogs, grapes, hard candy, nuts, peanuts, and popcorn. Hot dogs may be served if cut lengthwise and quartered; grapes may be served if cut in halves.

114-508 A. (4) All food in child care centers shall be from a source approved by the health authority and shall be clean, wholesome, unspoiled, free from contamination, properly labeled, and safe for human consumption.

114-508 A. (5) The use of food in hermetically sealed containers that was not prepared in an approved food-processing establishment is prohibited.

114-508 A. (6) The use of home-canned foods is not allowed.

114-508 A. (7) The following requirements shall be met when it is necessary to provide meals through a catering service:

- (a) Catered meals shall be obtained from a food service establishment approved by the DHEC.

- (b) If adequate cleaning and sanitizing equipment is not available, only disposable eating and drinking utensils shall be used to serve catered meals or food; and
  - (c) The procedures and equipment used to transport catered meals shall be approved by the DHEC.
- 114-508 A. (8) Meals and snacks may be provided by the center or the parent. The center shall have a small supply of nutritional food and beverages available in the event a parent neglects to bring the child's food on an unanticipated basis.
- 114-508 A. (9) Dietary alternatives shall be available for a child who has special health needs or religious beliefs.
- 114-508 A. (10) Written permission/instructions for dietary modifications signed by the child's health care provider or parent or legal guardian are required.

### **Food Preparation**

- 114-508 B. (1) Adequate hand-washing facilities, separate from food preparation sinks, equipped with hot and cold water under pressure supplied through a mixing faucet, shall be provided in the food preparation area. Hot water shall be at least 125 degrees Fahrenheit. (Facilities shall not be required to install an additional hand-washing sink in the food preparation area if, in the opinion of the health authority, the existing hand-washing facilities are adequate.)

**POLICY: The hand-washing sink may not be used for any other purpose and must be accessible. (8/1/06)**

- 114-508 B. (2) Sanitary soap and towels shall be provided.
- 114-508 B. (3) Utensils, such as forks, knives, tongs, spoons, and scoops shall be provided and used to minimize handling of food in all food preparation areas.
- 114-508 B. (4) Staff shall thoroughly wash their hands and exposed areas of arms with soap and warm water in an approved hand-washing sink before starting work, during work as often as is necessary to keep them clean, e.g., after smoking, eating, drinking, or using the toilet. Staff shall keep their fingernails clean and trimmed.
- 114-508 B. (5) The outer clothing of all staff shall be clean. The director shall ensure proper hair restraints are worn to protect from falling hair.

**POLICY: All food preparation staff and servers must wear some form of hair restraint while performing those duties. (11/1/06)**

- 114-508 B. (6) Staff shall neither use tobacco in any form while preparing or serving food, nor while in areas used for equipment or utensil washing or for food preparation. Staff shall use tobacco only in approved, designated areas.
- 114-508 B. (7) Potentially hazardous foods requiring cooking shall be cooked to heat all parts of the food to an internal temperature of at least 140 degrees Fahrenheit, with the following exceptions:
- (a) Hamburger shall be cooked to at least 155 degrees Fahrenheit.

- (b) Poultry, poultry stuffing, stuffed meats, and stuffing-containing meat shall be cooked to heat all parts of the food to at least 165 degrees Fahrenheit with no interruption of the cooking process.
- (c) Pork and any food containing pork shall be cooked to heat all parts of the food to at least 150 degrees Fahrenheit.

**POLICY: The FDA requires pork products to be cooked to a temperature of at least 155 degrees. (8/1/06)**

- (d) Rare roast beef and rare beefsteak shall be cooked to surface temperature of at least 130 degrees Fahrenheit.

114-508 B. (8) Potentially hazardous food such as meats, cooked rice, and cream-filled pastries shall be prepared (preferably from chilled products) with a minimum of manual contact and on surfaces with utensils that are clean and sanitized prior to use.

114-508 B. (9) Metal, stem-type, numerically-scaled indicating thermometers, accurate to plus or minus three degrees Fahrenheit, shall be provided and used to ensure that proper internal cooking, holding, or refrigeration temperatures of all potentially hazardous foods are maintained.

114-508 B. (10) Potentially hazardous foods shall be thawed as follows:

- (a) In refrigerated units at a temperature not to exceed 45 degrees Fahrenheit;
- (b) Under potable running water from the cold water supply with sufficient water velocity to remove loose food particles;
- (c) In a microwave oven only when food will be immediately transferred to conventional cooking equipment as part of a continuous cooking process or when the entire, uninterrupted cooking process takes place in the microwave oven; or
- (d) As part of the conventional cooking process.

114-508 B. (11) All raw fruits and vegetables shall be washed thoroughly before being cooked, served, or placed in refrigerators.

## **Food Service**

114-508 C. (1) No child shall be deprived of a meal or snack if he/she is in attendance at the time the meal or snack is served.

114-508 C. (2) Easily breakable dinnerware shall not be used.

114-508 C. (3) Children shall not be forced to eat.

114-508 C. (4) Food shall not be used as a punishment.

114-508 C. (5) Children shall not be allowed in the kitchen except during supervised activities.

114-508 C. (6) Portions of food once served shall not be served again.

114-508 C. (7) Single-service articles shall be stored in closed cartons or containers to protect them from contamination.

114-508 C. (8) Use of "common drinking cups" is prohibited.

114-508 C. (9) Disposable cups, if used, shall be handled and stored properly to prevent contamination.

114-508 C. (10) Reuse of single service articles is prohibited.

**The following definitions are provided by DHEC in R. 61-25:**

**"Single-Service Articles" – Any tableware, carry-out utensils, or other items that are designed and constructed for one-time, one-person use.**

**"Single-Use Articles" – Utensils and bulk food containers designed and constructed to be used once and discarded.**

114-508 C. (11) If potentially hazardous foods that have been cooked and then refrigerated are to be served hot, they shall be reheated rapidly to 165 degrees Fahrenheit or higher throughout before being served or before being placed in a hot food-storage facility. Steam tables, double boilers, warmers, and similar hot food holding facilities are prohibited from use for the rapid reheating of potentially hazardous foods.

## **Storage**

114-508 D. (1) All food shall be properly labeled and stored, and shall be protected against contamination.

114-508 D. (2) The director shall provide refrigeration units and insulated facilities, as needed, to ensure that all potentially hazardous foods are maintained at 45 degrees Fahrenheit or below or 130 degrees Fahrenheit or above, except during necessary periods of preparation.

114-508 D. (3) Thermometers shall be accurate to plus or minus 3 degrees and conspicuously placed in the warmest area of all cooling and warming units to ensure proper temperatures.

**POLICY: Thermometers should be placed close to the inside of the refrigerator or freezer door which is the warmest area inside the appliance. (8/1/06)**

114-508 D. (4) Containers of food, food preparation equipment and single service articles shall be stored at least 6" above the floor, on clean surfaces, and in such a manner to be protected from splash and other contamination.

114-508 D. (5) Food not subject to further washing or cooking before serving shall be stored in such a manner to be protected against contamination from food requiring washing or cooking.

114-508 D. (6) The storage of food or food equipment, utensils, or single-service articles in toilet rooms and under exposed sewer lines is prohibited.

114-508 D. (7) Custards, cream fillings, or similar products which are prepared by hot or cold processes shall be kept at safe temperatures except during necessary periods of preparation and service.

- 114-508 D. (8) All cleaning supplies, detergents, and other potentially poisonous items shall be stored away from food items and shall be inaccessible to children.

### **Cleaning, Storage and Handling of Utensils and Equipment**

- 114-508 E. (1) Tableware shall be washed, rinsed, and sanitized after each use.

**SEE RESOURCE MANUAL SECTION 6 FOR SELECTION AND USE OF AN APPROPRIATE SANITIZER.**

- 114-508 E. (2) All kitchenware and food-contact surfaces of equipment shall be washed, rinsed, and sanitized.

- 114-508 E. (3) The cooking surfaces of cooking devices shall be cleaned as often as necessary and shall be free of encrusted grease deposits and other soil.

- 114-508 E. (4) Non-food contact surfaces of all equipment, including tables, counters, and shelves, shall be cleaned at such frequency as is necessary to be free of accumulation of dust, dirt, food particles, and other debris.

- 114-508 E. (5) After sanitation, all equipment and utensils shall be air-dried.

- 114-508 E. (6) Prior to washing, all equipment and utensils shall be rinsed or scraped, and when necessary, presoaked to remove gross food particles and soil.

- 114-508 E. (7) When manual dishwashing is employed, equipment and utensils shall be thoroughly washed in a detergent solution that is kept reasonably clean, be rinsed thoroughly of such solution, sanitized by one of the following methods:

- (a) Complete immersion for at least 30 seconds in a clean solution containing at least 50 parts per million of available chlorine as a hypochlorite and at a temperature of at least 75 degrees Fahrenheit;
- (b) Complete immersion for at least 30 seconds in a clean solution containing at least 12.5 parts per million of available iodine and having a pH no higher than 5.0 and at a temperature of at least 75 degrees Fahrenheit;
- (c) Complete immersion for at least 30 seconds in a clean solution containing at least 200 parts per million of quaternary ammonium at a temperature of at least 75 degrees Fahrenheit; or
- (d) Complete immersion in hot water at a temperature of 170 degrees Fahrenheit in a three-compartment sink.

**POLICY: Three compartment sinks must be used to sanitize dishes and food handling equipment only when the sanitation process is complete immersion in hot water at a temperature of 170 degrees Fahrenheit. (11/1/06)**

- 114-508 E. (8) Other chemical sanitizing agents may be used which have been demonstrated to the satisfaction of the health authority to be effective and non-toxic under use conditions, and for which suitable field tests are available. Such sanitizing agents, in use solution, shall provide the equivalent bactericidal effect for a solution containing at least 50 parts per million of available chlorine at a temperature not less than 75 degrees Fahrenheit.

- 114-508 E. (9) A test kit or other device that accurately measures the parts per million concentration of the solution shall be available and used.

- 114-508 E. (10) All dishwashing machines shall be approved by the South Carolina Department of Health and Environmental Control (DHEC) and shall meet applicable installation requirements.
- 114-508 E. (11) Food-contact surfaces of cleaned and sanitized equipment and utensils shall be handled in such a manner as to be protected from contamination.
- 114-508 E. (12) Cleaned and sanitized utensils shall be stored above the floor in a clean, dry location so that food-contact surfaces are protected from contamination.
- 114-508 E. (13) Clean spoons, knives, and forks shall be picked up and touched only by their handles. Clean cups, glasses, and bowls shall be handled so that fingers and thumbs do not contact inside surfaces or lip-contact surfaces.
- 114-508 E. (14) Dish tables or drain boards of adequate size to properly handle soiled utensils prior to washing and for cleaned utensils following rinsing and sanitizing shall be provided.